

Newstead Child Care Center Spring Menu (March - May) -Week1

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast and Porridge</u>	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Hash Brown</u> with mini sausage and Baked Beans and milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Sweet Potato</u> with mini sausage
MORNING TEA	Food	<u>Fresh fruit platter</u> (apple, nectarines, grapes, banana) with yoghurt dip	<u>Rainbow platter</u> (banana, rockmelon, plum, beans, cucumber, red capsicum) Cheese cubes	<u>Fruit smoothie</u> small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>pineapple and yoghurt dip</u>	<u>Yoghurt, summer sunshine salad</u> (peach, nectarine, passionfruit, mint) and (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken Teriyaki</u> (Main ingredients: chicken, brown rice, carrots, green beans, with Arugula)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, carrot, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice and Arugula)	<u>Springtime Basil Chicken Lettuce Wraps</u> (Main ingredients: chicken breast, lettuce, tomato, whole meal wrap)	<u>Vegetarian fried rice</u> (Main ingredients: egg, white rice, carrot, spring onion, peas, corn, reduced salt soy sauce,)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Fruity crumble</u> (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Make your own pizza faces</u> (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks (beans, celery, carrot) with <u>creamy corn and tuna dip</u> and wholemeal crackers Watermelon and friends platter (watermelon triangles, grape, strawberries)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Spring Menu (March - May) -Week2

Newstead Child Care Center Spring Menu (March - May) -Week2						
WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread and Milk</u>	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg with Spanish and cottage cheese
MORNING TEA	Food	<u>Rainbow platter</u> (apple, banana, cherry tomatoes, carrot, cucumber) Wholegrain crackers with <u>humuns dip</u>	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Banana bubbles</u> (banana and yoghurt)	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Wholemeal bread</u> with ricotta cheese, sliced banana and cinnamon
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken wraps</u> (Main ingredients: chicken breast, iceberg lettuce, avocado, cheese, wholemeal wraps)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Macaroni and Cheese</u> (Main ingredients: Macaroni Pasta, Cheddar Cheese and Parmersan Cheese)	<u>Tuna Warp</u> (Main ingredients: warps, canned tuna, cottage cheese, corn)	<u>Chicken and vegetable stir fry with brown rice</u> (Main ingredients: chicken fillets, cabbage, carrot, capsicum, zucchini, brown rice)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with <u>sweet potato</u>	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	Vegetable platter (cucumber, carrot and capsicum) with cheak pea <u>dip</u>
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Spring Menu (March - May) -Week3

Newstead Child Care Center Spring Menu (March - May) -Week3						
WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast and Porridge</u>	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Hash Brown</u> with mini sausage and Baked Beans and milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Sweet Potato</u> with mini sausage
MORNING TEA	Food	<u>Fresh fruit platter</u> (apple, nectarines, grapes, banana) with yoghurt dip	<u>Rainbow platter</u> (banana, rockmelon, plum, beans, cucumber, red capsicum) Cheese cubes	<u>Fruit smoothie</u> small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>pineapple and yoghurt dip</u>	<u>Yoghurt, summer sunshine salad</u> (peach, nectarine, passionfruit, mint) and (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken Teriyaki</u> (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Creamy tuna Sandwich with Chips</u> (Main ingredients: canned tuna, broccoli, corn, carrot, oven baked chips)	<u>Home Made Pizza</u> (Main ingredients: Cheese, Peppronia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Fruity crumble</u> (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	<u>Rice cakes</u> and toppings (cottage cheese, sliced tomato, cucumber) Watermelon and friends platter (watermelon triangles, grapes, strawberries)	<u>Baked Scone</u> with Butter and Jam and Fruit	Vegetable sticks (beans, celery, carrot) with <u>creamy corn</u>
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Spring Menu (March - May) - Week 4

Newstead Child Care Center Spring Menu (March - May) - Week 4						
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread and Milk</u>	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg with Spanish and cottage cheese
MORNING TEA	Food	<u>Rainbow platter</u> (apple, banana, cherry tomatoes, carrot, cucumber) Wholegrain crackers with <u>humuns dip</u>	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Banana bubbles</u> (banana and yoghurt)	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Wholemeal bread</u> with ricotta cheese, sliced banana and cinnamon
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken wraps</u> (Main ingredients: chicken breast, iceberg lettuce, avocado, cheese, wholemeal wraps)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: Lean Beef, potato, carrot, tomato, white rice)	<u>Asian Dumplings</u> (Main ingredients: chicken or Beef mince, cabbage, carrot)	<u>Home Made Pizza</u> (Main ingredients: Cheese,Peppronia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with <u>sweet potato</u>	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	Vegetable platter (cucumber, carrot and capsicum) with cheak pea <u>dip</u>
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Summer Menu (June-August) -Week 1

WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast and Porridge</u>	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Whole Grain Pancakes</u> with banana and cereal with milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Sweet Potato</u> with mini sausage
MORNING TEA	Food	<u>Fresh fruit platter</u> (apple, nectarines, grapes, banana) with yoghurt dip	<u>Rainbow platter</u> (apple, nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Fruit smoothie</u> small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>pineapple and yoghurt dip</u>	<u>Yoghurt, summer sunshine salad</u> (peach, nectarine, passionfruit, mint) and (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken Teriyaki</u> (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Creamy tuna Sandwich with Chips</u> (Main ingredients: canned tuna, broccoli, corn, carrot, oven baked chips)	<u>Vegetarian fried rice</u> (Main ingredients: egg, white rice, carrot, spring onion, peas, corn, reduced salt soy sauce.)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Baked Fruit Crumble Pie</u> (wholemeal flour, apples,) served with Greek yoghurt	<u>Rainbow platter</u> (apple, nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Make your own pizza faces</u> (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks (beans, celery, carrot) with <u>creamy corn and tuna dip</u> and wholemeal crackers Watermelon and friends platter (watermelon triangles, grape, strawberries)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Summer Menu (June-August) -Week2

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread and Milk</u>	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg with Spanish and cottage cheese
MORNING TEA	Food	<u>Rainbow platter</u> (apple, banana, cherry tomatoes, carrot, cucumber) Wholegrain crackers with <u>humuns dip</u>	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Banana bubbles</u> (banana and yoghurt)	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Wholemeal bread</u> with ricotta cheese, sliced banana and cinnamon
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken wraps</u> (Main ingredients: chicken breast, iceberg lettuce, avocado, cheese, wholemeal wraps)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Macaroni and Cheese</u> (Main ingredients: Macaroni Pasta, Cheddar Cheese and Parmersan Cheese)	<u>Tuna Warp</u> (Main ingredients: warps, canned tuna, cottage cheese, corn)	<u>Chicken and vegetable stir fry with brown rice</u> (Main ingredients: chicken fillets, cabbage, carrot, capsicum, zucchini, brown rice)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with <u>sweet potato</u>	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	Vegetable platter (cucumber, carrot and capsicum) with cheak pea <u>dip</u> and <u>Frozen UFOs</u> (frozen pineapple disks and
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Summer Menu (June-August) -Week3

Newstead Child Care Center Summer Menu (June-August) -Week3						
WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast and Porridge</u>	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Whole Grain Pancakes</u> with banana and cereal with milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Sweet Potato</u> with mini sausage
MORNING TEA	Food	<u>Fresh fruit platter</u> (apple, nectarines, grapes, banana) with yoghurt dip	<u>Rainbow platter</u> (banana, rockmelon, plum, cucumber, apple) Cheese cubes	<u>Fruit smoothie</u> small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>pineapple and yoghurt dip</u>	<u>Yoghurt, summer sunshine salad</u> (peach, nectarine, passionfruit, mint) and (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken Teriyaki</u> (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Creamy tuna Sandwich with Chips</u> (Main ingredients: canned tuna, broccoli, corn, carrot, oven baked chips)	<u>Home Made Pizza</u> (Main ingredients: Cheese, Peppronia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Fruity crumble</u> (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	<u>Rice cakes</u> and toppings (cottage cheese, sliced tomato, cucumber) Watermelon and friends platter (watermelon triangles, grapes, strawberries)	<u>Make your own pizza faces</u> (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks (beans, celery, carrot) with <u>creamy corn and tuna dip</u> and wholemeal crackers Watermelon and friends platter (watermelon triangles, grape, strawberries)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Summer Menu (June-August)-Week 4

Newstead Child Care Center Summer Menu (June-August)-Week 4						
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread and Milk</u>	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg with Spanish and cottage cheese
MORNING TEA	Food	<u>Rainbow platter</u> (apple, banana, cherry tomatoes, carrot, cucumber) Wholegrain crackers with <u>humuns dip</u>	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Banana bubbles</u> (banana and yoghurt)	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Wholemeal bread</u> with ricotta cheese, sliced banana and cinnamon
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken wraps</u> (Main ingredients: chicken breast, iceberg lettuce, avocado, cheese, wholemeal wraps)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: Lean Beef, potato, carrot, tomato, white rice)	<u>Asian Dumplings</u> (Main ingredients: chicken or Beef mince, cabbage, carrot)	<u>Home Made Pizza</u> (Main ingredients: Cheese,Peppronia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with <u>sweet potato</u>	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	Vegetable platter (cucumber, carrot and capsicum) with cheak pea <u>dip</u> and <u>Frozen UFOs</u> (frozen pineapple disks and watermelon triangles)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Fall(September - November) Menu -Week 1

WEEK 1						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast</u> and Porridge	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Whole Grain Pancakes</u> with banana and cereal with milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Pumkin</u> with Scrambled egg
MORNING TEA	Food	<u>Rainbow platter</u> (apple, nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Pumkin Muffins</u> with fresh fruit	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (apple, nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	Yoghurt with peach and nectarine, with (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Asian Wuntun</u> (Main ingredients: lean pork, wentun pastry, Bok Choy)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Creamy tuna Sandwich with Chips</u> (Main ingredients: canned tuna, broccoli, corn, carrot, oven baked chips)	<u>Hungarian goulash with rice</u> (Main ingredients: lean beef, white rice, carrot, onion, peas, potato, reduced salt soy sauce.)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Baked Pumkin Pie</u> (wholemeal flour, Pumkin,) served with Greek yoghurt	<u>Crackers</u> with Fruit Plater (Banana, Strawberry)	<u>Make your own pizza faces</u> (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	<u>Vegetable sticks</u> (beans, celery, carrot) with <u>creamy corn</u>
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Fall(September - November) -Week 2

Newstead Child Care Center Fall(September - November) -Week 2						
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread</u> and Milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg and Spanish and cottage cheese
MORNING TEA	Food	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (apple,nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Wholemeal bread</u> with ricotta cheese and sliced banana.
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Rosted Chicken with mashed potato</u> (Main ingredients: chicken breast,peas, carrots and potato)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: Lean Beef, potato,carrot, tomato, white rice)	<u>Meat Ball Pasta</u> (Main ingredients: beef Ball, carrot, pasta, braccoli.)	<u>Macaroni and Cheese</u> (Main ingredients: Macaroni Pasta, Chedder Cheese and Pammersan Cheese)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with greek yorgut.	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	<u>Vegetable platter</u> (cucumber, carrot and capsicum) with cheak pea <u>dip</u> pineapple and watermelon triangles
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Fall(September - November) -Week 3

Newstead Child Care Center Fall(September - November) -Week 3						
WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast</u> and Porridge	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Whole Grain Pancakes</u> with banana and cereal with milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Pumpkin</u> with Scrambled egg
MORNING TEA	Food	<u>Rainbow platter</u> (apple, nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Pumpkin Muffins</u> with fresh fruit	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (apple, nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	Yoghurt with peach and nectarine, with (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken Teriyaki</u> (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	<u>Asian Wonton</u> (Main ingredients: lean pork, wonton pastry, Bok Choy)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Turkey Sandwich with Chips</u> (Main ingredients: Turkey Breast, Lettuce, Tomato, oven baked chips)	<u>Home Made Pizza</u> (Main ingredients: Cheese, Pepperonia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Baked Apple Pie</u> (wholemeal flour, apples,) served with Greek yoghurt	<u>Crackers</u> with Fruit Platter (Banana, Strawberry)	<u>Bagel with cream cheese</u> and vegetable with dip.	<u>Vegetable sticks</u> (beans, celery, carrot) with <u>creamy corn</u>
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsum served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Fall(September - November) -Week 4

WEEK 4						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread</u> and Milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg and Spanish and cottage cheese
MORNING TEA	Food	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (apple,nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Apple and banana</u> with yorgut.
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Rosted Turkey with mashed potato</u> (Main ingredients: Turkey breast,peas, carrots and potato)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: Lean Beef, potato,carrot, tomato, white rice)	<u>Asian Dumplings</u> (Main ingredients: chicken or Beef mince, cabbage, carrot)	<u>Home Made Pizza</u> (Main ingredients: Cheese,Peppronia, broccoli, com, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with <u>sweet potato</u> .	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	<u>Vegetable platter</u> (cucumber, carrot and capsicum) with cheak pea <u>dip</u>)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Winter (December-February) Menu -Week1

Newstead Child Care Center Winter (December-February) Menu -Week1						
WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast</u> and Porridge	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Whole Grain Pancakes</u> with banana and cereal with milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Sweet Potato</u> with mini sausage
MORNING TEA	Food	<u>Fresh fruit platter</u> (apple, nectarines, grapes, banana) with yoghurt dip	<u>Blueberry Muffins</u> with fresh fruit	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>yoghurt dip</u>	Yoghurt with peach and nectarine, with (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken & Mushroom Soup with Bread</u> (Main ingredients: chicken, Mushroom, carrots and whole meal bread with steamed Broccoli and carrots)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Creamy tuna Sandwich with Chips</u> (Main ingredients: canned tuna, broccoli, corn, carrot, oven baked chips)	<u>Hungarian goulash with rice</u> (Main ingredients: lean beef, white rice, carrot, onion, peas, potato, reduced salt soy sauce,)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Baked Apple Pie</u> (wholemeal flour, apples,) served with Greek yoghurt	<u>Crackers</u> with Fruit Plater (Banana, Strawberry)	<u>Make your own pizza faces</u> (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	<u>Vegetable sticks</u> (beans, celery, carrot) with <u>creamy corn</u>
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Winter (December-February) Menu -Week 2

Newstead Child Care Center Winter (December-February) Menu -Week 2						
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread</u> and Milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg and Spanish and cottage cheese
MORNING TEA	Food	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (apple,nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Wholemeal bread</u> with ricotta cheese and sliced banana.
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Rosted Chicken with mashed potato</u> (Main ingredients: chicken breast,peas, carrots and potato)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: Lean Beef, potato,carrot, tomato, white rice)	<u>Meat Ball Pasta</u> (Main ingredients: beef Ball, carrot, pasta, braccoli.)	<u>Macaroni and Cheese</u> (Main ingredients: Macaroni Pasta, Chedder Cheese and Pamersan Cheese)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with greek yorgut.	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	<u>Vegetable platter</u> (cucumber, carrot and capsicum) with cheak pea <u>dip</u> pineapple and watermelon triangles
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Winter (December-February) Menu -Week 3

Newstead Child Care Center Winter (December-February) Menu -Week 3						
WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Hot French Toast</u> and Porridge	<u>Fresh Cooked Egg Omelettes</u> (Egg, Ham, Tomato, Onion, Mushroom) and milk	<u>Whole Grain Pancakes</u> with banana and cereal with milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Steamed Sweet Potato</u> with mini sausage
MORNING TEA	Food	<u>Fresh fruit platter</u> (apple, nectarines, grapes, banana) with yoghurt dip	<u>Blueberry Muffins</u> with fresh fruit	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Yoghurt with peach</u> and nectarine, with (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Chicken Teriyaki</u> (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: lean beef, potato, carrot, zucchini, white rice)	<u>Creamy tuna Sandwich with Chips</u> (Main ingredients: canned tuna, broccoli, corn, carrot, oven baked chips)	<u>Home Made Pizza</u> (Main ingredients: Cheese, Peppronia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Baked Apple Pie</u> (wholemeal flour, apples,) served with Greek yoghurt	<u>Crackers</u> with Fruit Plater (Banana, Strawberry)	<u>Bagle with cream cheese</u> and vegetable with dip.	<u>Vegetable sticks</u> (beans, celery, carrot) with <u>creamy corn</u> .
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Newstead Child Care Center Winter (December-February) Menu -Week 4

Newstead Child Care Center Winter (December-February) Menu -Week 4						
WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	<u>Scrambled Eggs</u> and Mini Sausage with Toast and Butter	<u>Breakfast Cereal</u> with Milk, Stemed Egg Pudding.	<u>Boild Egg with Raisin Bread</u> and Milk	<u>Oats Porridge</u> with fresh fruit and yogurt	<u>Mini Wrap</u> with Fried Egg and Spanish and cottage cheese
MORNING TEA	Food	<u>Fruit smoothie</u> small (100mL) and toast with ricotta cheese	<u>Rainbow platter</u> (apple,nectarines, rockmelon, pineapple, grapefruit) Wholegrain crackers	<u>Baked Scone</u> with Butter and Jam and Fruit	<u>Baked Garlic Bread</u> with Vegetable Sticks and Yorgut Dip	<u>Apple and banana</u> with yorgut.
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Rosted Turkey with mashed potato</u> (Main ingredients: Turkey breast,peas, carrots and potato)	Beef <u>bolognese</u> (Main ingredients: Lean Beef, onions, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Beef Stew with Rice</u> (Main ingredients: Lean Beef, potato,carrot, tomato, white rice)	<u>Asian Dumplings</u> (Main ingredients: chicken or Beef mince, cabbage, carrot)	<u>Home Made Pizza</u> (Main ingredients: Cheese,Peppronia, broccoli, corn, with Salad)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	<u>Banana bread</u> served cinnamon spiced ricotta	<u>Baked muffins</u> served with <u>fruit smoothie</u> small (100mL)	<u>Veggie dippers</u> (carrot, cucumber, lightly steamed broccoli), served with <u>sweet potato</u>	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber and Cream cheese	<u>Vegetable platter</u> (cucumber, carrot and capsicum) with cheak pea <u>dip</u>)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, or hot steamed Dimsun served with water					
Water	Water is freely available throughout the day					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					